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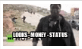
nasolabial folds - MEGATHREAD Thread Modes

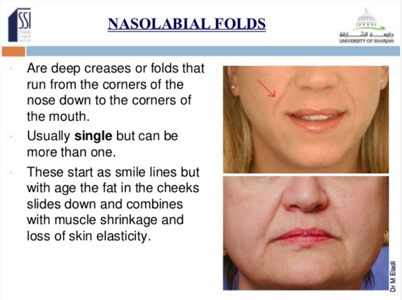


heilsa
Mega Super Poster
BIRD

Posts: 3,008
Threads: 98
Joined: Jun 2015
Reputation: **20**

11-07-2015, 04:58 PM #1

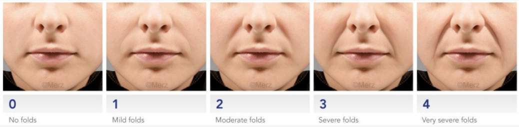
What are nasiolabial folds?



NASOLABIAL FOLDS

- Are deep creases or folds that run from the corners of the nose down to the corners of the mouth.
- Usually **single** but can be more than one.
- These start as smile lines but with age the fat in the cheeks slides down and combines with muscle shrinkage and loss of skin elasticity.

SSI
جامعة الشارقة
UNIVERSITY OF SHARJAH
Dr M Eladi



Causes:

- Sun damage
- Smoking
- Drugs
- Poor bone support
- Ageing (skin and fat sacks down)
- weight loss/low bodyfat (lines appear deeper because of have less upper cheek fat)

Why fix it:

It looks unattractive. However mild fold on a male looks stilll okay while its a death setence for a woman. this should be also keep in mind if the folds are corrected since its can easily look overdone on a male patient.

http://lookism.net/Thread-what-makes-a-f...ic-studies

How to fix it:

There basically two options:

Fat Grafts and Fillers like Juverdem:

A. Juvederm
Pros:

- Quick and easy, cheaper than fat grafts
- Immediate results

Cons:

- Lasts only 6-18 months.
- If you have deep folds, it is not cost effective.
- Over a period of time, as you get repeated injections, more expensive than fat grafts

B. Fat Grafts
Pros:

- Can be permanent with the right surgeon.
- Can correct large areas.
- It is your own tissue

Cons:

- 3 week period of swelling
- More expensive
- Need to do research on who uses proper technique for fat grafting

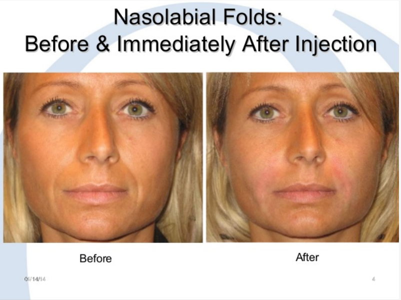
> **Quote:**
>
> Most physicians will agree that fat transfers may offer a much longer result and prove to be quite cost effective in the long run. However, fat transfers requires another invasive procedure in order to harvest the fat with technique being crucial. Even with the most advanced techniques and instruments, there is a higher percentage of unpredictability with fat transfers than with the use of hyaluronic acid fillers such as Juvederm, Restylane, etc.
>
> Being able to reach for a cosmetic dermal filler product and have a minimally invasive procedure with immediate results seems to be the best option for nasolabial folds. There will be far less swelling and recovery with dermal fillers vs. fat transfers. Make certain you discuss all of your options with your physician as only you and your practitioner will be able to decide which is the best treatment plan.

Also a midface lift would probably do the job.

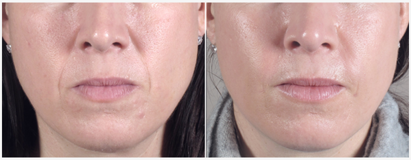
i dont know whether jaw advancement can correct nl folds aswell. maybe.

Before/After Pics

Fillers:



Fat grafts:



Sources:

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[/url][url=http://www.realself.com/question/hii-quite-visible-nasolabial-folds-the-age-24what-the-cause]http://www.realself.com/question/hii-quite-visible-nasolabial-folds-the-age-24what-the-cause

> **Quote:**
>
> *This is the story of a man who falls from a 50-storey apartment block. As he falls, he repeats over and over to reassure himself: "So far so good, so far so good, so far so good." But it's not the fall that's important - it's the landing.*

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Drake

Super Poster

★★★

Posts: 1,778
Threads: 42
Joined: Jun 2015
Reputation: **125**

11-07-2015, 05:02 PM

#2

:nice:

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BlueBalls

Monster Poster

★★★★★★

Posts: 6,027
Threads: 346
Joined: Sep 2015
Reputation: **2,612**

11-07-2015, 06:29 PM (This post was last modified: 01-29-2017, 09:56 PM by BlueBalls.)

#3

It's over

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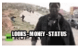

heilsa

Mega Super Poster

★★★★

BIRD

Posts: 3,008
Threads: 98
Joined: Jun 2015
Reputation: **20**

11-07-2015, 06:56 PM

#4

apparently the recovery after jaw surgery can lead to nl folds

http://ask.metafilter.com/282802/Face-dr...aw-surgery

> **Quote:**
>
> *This is the story of a man who falls from a 50-storey apartment block. As he falls, he repeats over and over to reassure himself: "So far so good, so far so good, so far so good." But it's not the fall that's important - it's the landing.*

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SINGULARITY
Monster Poster
HONP

Posts: 9,316
Threads: 1,531
Joined: Jun 2015
Reputation: **1,691**
Tinder Matches: 1000+
Dates: 100+
Kisses: 100+
Slay Count: 50+ Slayer
Relationships: 20+

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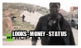
11-07-2015, 06:59 PM **#5**

Retruded maxilla makes them more pronounced, but why do young people rarely have them?

Reply



heilsa
Mega Super Poster
BIRD

Posts: 3,008
Threads: 98
Joined: Jun 2015
Reputation: **20**

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11-07-2015, 07:03 PM **#6**

> **SEPPUKU Wrote:** (11-07-2015, 06:59 PM)
>
> Retruded maxilla makes them more pronounced, but why do young people rarely have them?

skin and fat sinks down with time - your whole face drops basically. thats why old people profit from facelifts

> **Quote:**
>
> *This is the story of a man who falls from a 50-storey apartment block. As he falls, he repeats over and over to reassure himself: "So far so good, so far so good, so far so good." But it's not the fall that's important - it's the landing.*

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JustTheWayYouAre
Monster Poster

Posts: 8,128
Threads: 523
Joined: Jun 2015
Reputation: **8,751**

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11-07-2015, 07:31 PM **#7**

Good topic, thanks.

[Image: AOspPdP.jpg]

Reply

:=)
Super Poster

Posts: 1,509
Threads: 145
Joined: Aug 2015
Reputation: **65**

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11-07-2015, 07:43 PM **#8**

repped

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lltvyr
Mega Super Poster

11-08-2015, 12:09 PM (This post was last modified: 11-08-2015, 12:12 PM by lltvyr.) **#9**

Well if it's a sign of low body fat why is it unattractive? Don't do fat grafts, if you're young. You may lose weight and burn it. Fat grafts work if you're fat. But a serious looksmaxer is 8% bodyfat and going for less, so it's not for him.

The fold is actually caused by actual strips of connective tissue. I think people can just differ by the density and architecture of that strip as well. And there even is a surgery that can remove them directly.

Posts: 2,232
Threads: 370
Joined: Jul 2015
Reputation: **459**

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---

lolita

Colez Biker Gang

MASCULINITY CREW

Posts: 1,728
Threads: 128
Joined: Aug 2015
Reputation: **535**

11-20-2015, 01:25 PM **#10**

I got folds after going low bf....(right side more defined)
I still have despite retaining water and increasing fat intake(up 6 kilos).... Shouldve never gone 7% bf
Gymcelling does.more harm than good

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imgur.com

Brostorm

Super Poster

Posts: 1,774
Threads: 71
Joined: Oct 2015
Reputation: **578**

11-20-2015, 04:12 PM **#11**

> **lolita Wrote:** (11-20-2015, 01:25 PM)
>
> I got folds after going low bf....(right side more defined)
> I still have despite retaining water and increasing fat intake(up 6 kilos).... Shouldve never gone 7% bf
> Gymcelling does.more harm than good

You guys are dumb, folds are OK as long as the fat pads are small, they add character:

[Image: David-Gandy-Bond-Cover-Shoot-2015-003-800x1015.jpg]

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lolita

Colez Biker Gang

MASCULINITY CREW

Posts: 1,728
Threads: 128
Joined: Aug 2015
Reputation: **535**

11-20-2015, 07:15 PM **#12**

> **chink_webber Wrote:** (11-20-2015, 04:12 PM)
>
> > **lolita Wrote:** (11-20-2015, 01:25 PM)
> >
> > I got folds after going low bf....(right side more defined)
> > I still have despite retaining water and increasing fat intake(up 6 kilos).... Shouldve never gone 7% bf
> > Gymcelling does.more harm than good
>
> You guys are dumb, folds are OK as long as the fat pads are small, they add character:
>
> [Image: David-Gandy-Bond-Cover-Shoot-2015-003-800x1015.jpg]

So.u compare an.incel.to a top model

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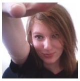

GeneticDeadEnd

His Majesty The King of Rotterdom VIII

Posts: 4,318
Threads: 58
Joined: Nov 2015
Reputation: **1,122**

11-20-2015, 10:32 PM **#13**

> **chink_webber Wrote:** (11-20-2015, 04:12 PM)
>
> > **lolita Wrote:** (11-20-2015, 01:25 PM)
> >
> > I got folds after going low bf....(right side more defined)
> > I still have despite retaining water and increasing fat intake(up 6 kilos).... Shouldve never gone 7% bf
> > Gymcelling does.more harm than good
>
> You guys are dumb, folds are OK as long as the fat pads are small, they add character:
>
> [Image: David-Gandy-Bond-Cover-Shoot-2015-003-800x1015.jpg]

Gandy doesn't even have nasolabial folds. He's clearly raising his upper lip on that side, are you blind? The fact that there's absolutly no fold on the other side should make this really obvious.

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imgur.com

Brostorm

Super Poster

Posts: 1,774
Threads: 71
Joined: Oct 2015
Reputation: **578**

11-20-2015, 11:47 PM **#14**

> **GeneticDeadEnd Wrote:** (11-20-2015, 10:32 PM)
>
> > **chink_webber Wrote:** (11-20-2015, 04:12 PM)
> >
> > You guys are dumb, folds are OK as long as the fat pads are small, they add character:
> >
> > [Image: David-Gandy-Bond-Cover-Shoot-2015-003-800x1015.jpg]
>
> Gandy doesn't even have nasolabial folds. He's clearly raising his upper lip on that side, are you blind? The fact that there's absolutly no fold on the other side should make this really obvious.

ur retarded, ofc he has folds, the one on the right is obvious, do you know what lighting is? His face is just very lean.

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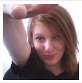

GeneticDeadEnd

His Majesty The King of Rotterdom VIII

★★★★★

Posts: 4,318
Threads: 58
Joined: Nov 2015
Reputation: **1,122**

11-21-2015, 12:02 AM **#15**

> **chink_webber Wrote:** (11-20-2015, 11:47 PM)
>
>> **GeneticDeadEnd Wrote:** (11-20-2015, 10:32 PM)
>>
>> Gandy doesn't even have nasolabial folds. He's clearly raising his upper lip on that side, are you blind? The fact that there's absolutly no fold on the other side should make this really obvious.
>
> ur retarded, ofc he has folds, the one on the right is obvious, do you know what lighting is? His face is just very lean.

[Image: David-Gandy-Bond-Cover-Shoot-2015-001-800x1015.jpg]

Sure has strong folds (from this year). Find one picture where he has NEUTRAL mouth position and visible folds. Besides, even if he was getting them now (and they do show more when he smiles, that much I agree on) this is due to aging. Looks at Beckham's now and 15 years ago.

Find

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imgur.com

Brostorm

Super Poster

★★★

Posts: 1,774
Threads: 71
Joined: Oct 2015
Reputation: **578**

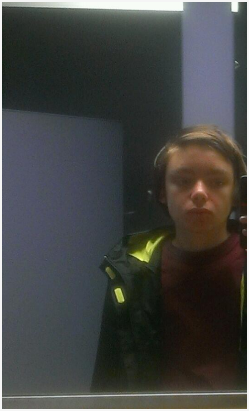
11-21-2015, 12:12 AM (This post was last modified: 11-21-2015, 12:12 AM by Brostorm.) **#16**

> **GeneticDeadEnd Wrote:** (11-21-2015, 12:02 AM)
>
>> **chink_webber Wrote:** (11-20-2015, 11:47 PM)
>>
>> ur retarded, ofc he has folds, the one on the right is obvious, do you know what lighting is? His face is just very lean.
>
> [Image: David-Gandy-Bond-Cover-Shoot-2015-001-800x1015.jpg]
>
> Sure has strong folds (from this year). Find one picture where he has NEUTRAL mouth position and visible folds. Besides, even if he was getting them now (and they do show more when he smiles, that much I agree on) this is due to aging. Looks at Beckham's now and 15 years ago.

That wasn't my point tho. What I was saying is that having slight folds if your face is lean isn't that bad. Those women in the OP are fat as shit.

I am wondering, does young Gandy have no folds due to god tier fat storage genetics or is there something else that plays a role too?

Some here say that it's the maxilla that determines if you get folds or not, but I am skeptical, this guy has ultra forward maxilla and still has folds:



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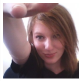
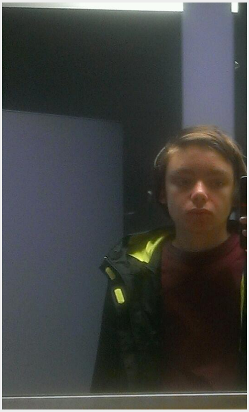


GeneticDeadEnd

His Majesty The King of Rotterdom VIII

Posts: 4,318
Threads: 58
Joined: Nov 2015
Reputation: **1,122**

11-21-2015, 12:27 AM #17

> **chink_webber Wrote:** (11-21-2015, 12:12 AM)
>
> 

Do you have any profile or half profile pics of the guy? From just that picture it looks like is maxilla is rotated (i.e. further back at the nose).

As for the general causes it's a combination of several factors:
Increases chances of having them:
+being fat
+aging (soft tissue moving down from the cheeks, along the nose, and sort of bulging over the maxilla because it can't get under the nose obviously)
+forward projecting cheekbones
+high cheek bones
+rotated maxilla (further back at the nose)

Decreases chances of having them:
-forward projecting maxilla in generall
-develloped mandible angle which stretches soft tissue backwards instead of letting it drop on the maxilla

Lower third height in general, that is lower jawline, probably helps avoiding them too but I'm not sure how much the skin actually adapts to that from puberty onwards.

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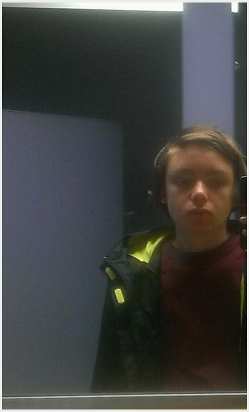
Brostorm

Super Poster

Posts: 1,774
Threads: 71
Joined: Oct 2015
Reputation: **578**

11-21-2015, 12:32 AM #18

> **GeneticDeadEnd Wrote:** (11-21-2015, 12:27 AM)
>
> > **chink_webber Wrote:** (11-21-2015, 12:12 AM)
> >
> > 

> Do you have any profile or half profile pics of the guy? From just that picture it looks like is maxilla is rotated (i.e. further back at the nose).
>
> As for the general causes it's a combination of several factors:
> Increases chances of having them:
> +being fat
> +aging (soft tissue moving down from the cheeks, along the nose, and sort of bulging over the maxilla because it can't get under the nose obviously)
> +forward projecting cheekbones
> +high cheek bones
> +rotated maxilla (further back at the nose)
>
> Decreases chances of having them:
> -forward projecting maxilla in generall
> -develloped mandible angle which stretches soft tissue backwards instead of letting it drop on the maxilla
>
> Lower third height in general, that is lower jawline, probably helps avoiding them too but I'm not sure how much the skin actually adapts to that from puberty onwards.

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LOOKS - MONEY - STATUS

heilsa
Mega Super Poster
★★★★
BIRD

Posts: 3,008
Threads: 98
Joined: Jun 2015
Reputation: 20

11-21-2015, 12:34 AM #19

@**Apex**

> **Quote:**
>
> *This is the story of a man who falls from a 50-storey apartment block. As he falls, he repeats over and over to reassure himself: "So far so good, so far so good, so far so good." But it's not the fall that's important - it's the landing.*

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~~**Mewingincelnator**~~
Banned

Posts: 1,206
Threads: 0
Joined: Sep 2015

11-21-2015, 12:47 AM #20

Post a high quality pic

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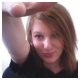

GeneticDeadEnd
His Majesty The King of Rotterdom VIII
★★★★★

Posts: 4,318
Threads: 58
Joined: Nov 2015
Reputation: 1,122

11-21-2015, 12:54 AM #21

> **chink_webber Wrote:** (11-21-2015, 12:32 AM)
>
> The image you are requesting does not exist or is no longer available.
> imgur.com

Yup, rotated maxilla as I expected. Would make him more prone to it, but the rest of the features and the general forward maxilla prevent it. I think the illusion of folds in the original picture is due to the light hitting the angled area between mouth and nose (typically this would be vertical and then not stand out like this in terms of illumination). The nose, which has a similar angle has the same illumnation.

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paulus

Monster Poster

BIRD

Posts: 8,961
Threads: 354
Joined: Dec 2015
Reputation: **4,353**

02-04-2016, 09:42 PM **#22**

> **Quote:**
>
> Fort I osteotomy
>
> [fig. 1]
>
> 1. The upper lip moves approximately 50 % of the forward movement.
> 2. The tip of the nose (P) moves approx. 30 % of the forward movement.
> 3. The transverse dimension of the nose is altered:
>   lower lip = 70 - 90 %
>   P = 35 %
> 4. The nasolabial angle is reduced (approx. 1° / mm).
> 5. The tip of the nose is slightly elevated.
> 6. The thickness of the upper lip is reduced.
> 7. The base of the nasal alae is broadened.
> 8. **The nasolabial folds are flattened.**

http://www.med-college.hu/de/wiki/artikel.php?id=224&lan;=2

The bigger the head, the bigger the star...http://youtu.be/qnu_bkvumxU

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paulus

Monster Poster

BIRD

Posts: 8,961
Threads: 354
Joined: Dec 2015
Reputation: **4,353**

03-29-2016, 10:32 PM **#23**

http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3657349/

> **Quote:**
>
> Is the malaris muscle the anti-aging missing link of the midface?
>
> Background
>
> The malaris muscle is a superficial and fine facial muscle. It is not well known because of its inconsistency in Caucasians. It could play a role in midface aging prevention as that observed in subjects with prominent cheekbones like Asian people. The purpose of this study was to explain how the malaris muscle is able to produce an anti-aging effect on the midface.
>
> Methods
>
> We first analysed a hundred pictures of human faces of different age sex and race to better comprehend identifying characteristics of aging in particular of the midface. Then anatomical dissections were done on fresh cadavers to identify the malaris muscle associated with radiological studies. Finally, in vivo experiments with botulinum toxin A (Botox) and lidocaine (Xylocaine) permitted to precise the action of the malaris muscle on the midface and principally on the malar fad pad.
>
> Results
>
> These anatomical and functional studies demonstrated that the malaris muscle acts as a dynamic link between the Superficial Muscular Aponeurotic System (SMAS) of the upper part of the face and the SMAS of the midface, producing a lifting effect of the soft tissues of the cheek particularly the malar fat pad. This action is the due to presence of the dermal terminations of the malaris muscle.
>
> Conclusions
>
> The malaris muscle could be an anti-aging link of the midface. Our findings suggest a new approach for the comprehension of the global facial aging.
>
> [...]
>
> People are, unfortunately, not equal with regard to facial aging particularly where midface aging is concerned, a phenomenon which can appears sometimes in very young patients [12]. In these cases, subjects rapidly make an elderly appearance, and finally ending up with skin accumulation on the nasolabial fold. The midface region is very important in contributing to the youthful aspect of the face and many factors are, of course, responsible for the face aging aspect. However, skin relaxation is the main factor: the more the skin sags the more the face looks old. The function of the malaris muscle just under the skin prevents precisely this relaxation of the midface soft tissues by helping the orbicularis retaining ligaments to maintain the malar fat pad well around the zygoma in a synergetic action. We can conclude that the malaris muscle, thank to its dermal terminations is then the dynamic antiaging missing link of the midface. This muscle is maybe one piece of a superficial, muscular puzzle which makes the SMAS of the midface more muscular than aponeurotic and whose other elements are still poorly known; such as risorius, temporoparietal [5, 17], or depressor supercilii muscles. It is possible that all these muscles produce a coherent superficial, unconscious, and dynamic structure whose function is to maintain skin tone, then avoiding its relaxation, resulting in good skin perfusion and a pulpous aspect of the face. All these factors contribute then to facial youthfulness [26] and often its beauty [27]. Unfortunately, the essential characteristic of the malaris muscle is its inconstancy and its rarity in the Caucasian population; this leads to very typical face aging in this population with fat and skin accumulation on the nasolabial fold [21, 28]. It is as if the midface skin permanently droops at the corners of the mouth as in a vicious circle, the more the skin droops, the more it will sag without the hope of recovery. This finally produces a long prominent and convex nasolabial fold, which can only be corrected through surgery.

The bigger the head, the bigger the star...http://youtu.be/qnu_bkvumxU

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Brostorm
Super Poster
★★★

Posts: 1,774
Threads: 71
Joined: Oct 2015
Reputation: 578

03-29-2016, 10:42 PM #24

> **paulus Wrote:** (03-29-2016, 10:32 PM)
>
> http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3657349/
>
> > **Quote:**
> >
> > Is the malaris muscle the anti-aging missing link of the midface?
> >
> > Background
> >
> > The malaris muscle is a superficial and fine facial muscle. It is not well known because of its inconsistency in Caucasians. It could play a role in midface aging prevention as that observed in subjects with prominent cheekbones like Asian people. The purpose of this study was to explain how the malaris muscle is able to produce an anti-aging effect on the midface.
> >
> > Methods
> >
> > We first analysed a hundred pictures of human faces of different age sex and race to better comprehend identifying characteristics of aging in particular of the midface. Then anatomical dissections were done on fresh cadavers to identify the malaris muscle associated with radiological studies. Finally, in vivo experiments with botulinum toxin A (Botox) and lidocaine (Xylocaine) permitted to precise the action of the malaris muscle on the midface and principally on the malar fad pad.
> >
> > Results
> >
> > These anatomical and functional studies demonstrated that the malaris muscle acts as a dynamic link between the Superficial Muscular Aponeurotic System (SMAS) of the upper part of the face and the SMAS of the midface, producing a lifting effect of the soft tissues of the cheek particularly the malar fat pad. This action is the due to presence of the dermal terminations of the malaris muscle.
> >
> > Conclusions
> >
> > The malaris muscle could be an anti-aging link of the midface. Our findings suggest a new approach for the comprehension of the global facial aging.
> >
> > [...]
> >
> > People are, unfortunately, not equal with regard to facial aging particularly where midface aging is concerned, a phenomenon which can appears sometimes in very young patients [12]. In these cases, subjects rapidly make an elderly appearance, and finally ending up with skin accumulation on the nasolabial fold. The midface region is very important in contributing to the youthful aspect of the face and many factors are, of course, responsible for the face aging aspect. However, skin relaxation is the main factor: the more the skin sags the more the face looks old. The function of the malaris muscle just under the skin prevents precisely this relaxation of the midface soft tissues by helping the orbicularis retaining ligaments to maintain the malar fat pad well around the zygoma in a synergetic action. We can conclude that the malaris muscle, thank to its dermal terminations is then the dynamic antiaging missing link of the midface. This muscle is maybe one piece of a superficial, muscular puzzle which makes the SMAS of the midface more muscular than aponeurotic and whose other elements are still poorly known; such as risorius, temporoparietal [5, 17], or depressor supercilii muscles. It is possible that all these muscles produce a coherent superficial, unconscious, and dynamic structure whose function is to maintain skin tone, then avoiding its relaxation, resulting in good skin perfusion and a pulpous aspect of the face. All these factors contribute then to facial youthfulness [26] and often its beauty [27]. Unfortunately, the essential characteristic of the malaris muscle is its inconstancy and its rarity in the Caucasian population; this leads to very typical face aging in this population with fat and skin accumulation on the nasolabial fold [21, 28]. It is as if the midface skin permanently droops at the corners of the mouth as in a vicious circle, the more the skin droops, the more it will sag without the hope of recovery. This finally produces a long prominent and convex nasolabial fold, which can only be corrected through surgery.

That article is very interesting. If their hypothesis is correct we need to find a way to prevent the weakening / atrophy of the malaris muscle.

Theoretically stuff like growth hormone and steroids could halt the rate of atrophy.

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lltvyr
Mega Super Poster
★★★★

03-30-2016, 01:24 PM (This post was last modified: 03-30-2016, 01:27 PM by lltvyr.) #25

why don't people use electric impulse devices to train their facial muscles? i've been waiting for like 8 years for somebody to come and sell me this. looks like i have to invent everything myself

> **Starcrazy Wrote:** (03-08-2016, 07:05 PM)
>
> you're as old as your hairline

Posts: 2,232
Threads: 370
Joined: Jul 2015
Reputation: **459**

> **Bukowski Wrote:** (04-11-2016, 06:48 PM)
>
> You're as pedo as your hairline

"It is not the hair that you have on your head that counts.. It is the hair that you have on your heart.."

> **ethnicslayer Wrote:** (02-04-2017, 04:19 PM)
>
> surgery is the only vitamin

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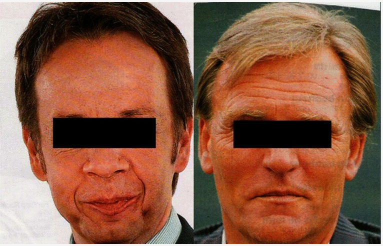
lltvyr

Mega Super Poster

Posts: 2,232
Threads: 370
Joined: Jul 2015
Reputation: **459**

03-30-2016, 02:03 PM (This post was last modified: 03-30-2016, 02:03 PM by lltvyr.) **#26**



left guy doesn't have malaris, right one does. anybody wanna buy malaris trainer?

> **Starcrazy Wrote:** (03-08-2016, 07:05 PM)
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> you're as old as your hairline

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"It is not the hair that you have on your head that counts.. It is the hair that you have on your heart.."

> **ethnicslayer Wrote:** (02-04-2017, 04:19 PM)
>
> surgery is the only vitamin

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paulus

Monster Poster

BIRD

Posts: 8,961
Threads: 354
Joined: Dec 2015
Reputation: **4,353**

03-30-2016, 11:45 PM **#27**

> **lltvyr Wrote:** (03-30-2016, 02:03 PM)
>
>
>
> left guy doesn't have malaris, right one does. anybody wanna buy malaris trainer?

How to train the malaris?

And where is the malaris muscle exactly anyways? Cant find a fuckin pic

The bigger the head, the bigger the star...http://youtu.be/qnu_bkvumxU

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---

lltvyr

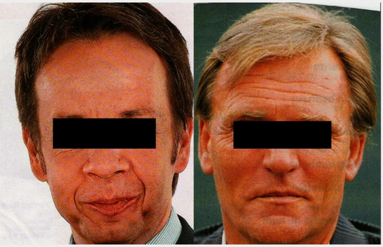
Mega Super Poster

★★★★

Posts: 2,232
Threads: 370
Joined: Jul 2015
Reputation: **459**

03-31-2016, 12:38 AM (This post was last modified: 03-31-2016, 12:39 AM by lltvyr.)

#28

> **paulus Wrote:** (03-30-2016, 11:45 PM)
>
> > **lltvyr Wrote:** (03-30-2016, 02:03 PM)
> >
> > 
> >
> > left guy doesn't have malaris, right one does. anybody wanna buy malaris trainer?
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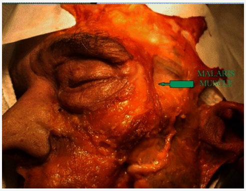
> How to train the malaris?
>
> And where is the malaris muscle exactly anyways? Cant find a fuckin pic



put an electrical muscle stimulator on it

and this is not the only muscle that produces a facelift imo. there are more which should be trained

> **Starcrazy Wrote:** (03-08-2016, 07:05 PM)
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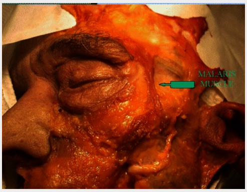
Brostorm
Super Poster
★★★

Posts: 1,774
Threads: 71
Joined: Oct 2015
Reputation: **578**

03-31-2016, 01:39 AM **#29**

> **lltvyr Wrote:** (03-31-2016, 12:38 AM)
>
> > **paulus Wrote:** (03-30-2016, 11:45 PM)
> >
> > How to train the malaris?
> >
> > And where is the malaris muscle exactly anyways? Cant find a fuckin pic
>
> 
>
>
> put an **electrical muscle stimulator** on it
>
> and this is not the only muscle that produces a facelift imo. there are more which should be trained

what are those supposed to do? do you have experience with it?

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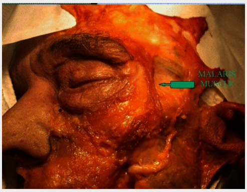
lltvyr
Mega Super Poster
★★★★

Posts: 2,232
Threads: 370
Joined: Jul 2015
Reputation: **459**

03-31-2016, 10:01 AM (This post was last modified: 03-31-2016, 10:02 AM by lltvyr.) **#30**

> **Brostorm Wrote:** (03-31-2016, 01:39 AM)
>
> > **lltvyr Wrote:** (03-31-2016, 12:38 AM)
> >
> > 
> >
> >
> > put an **electrical muscle stimulator** on it
> >
> > and this is not the only muscle that produces a facelift imo. there are more which should be trained
>
> what are those supposed to do? do you have experience with it?

you put them on a muscle and they train it. even physiatrists use them. the problem is nobody has designed such small ones to fit on mimic muscles

> **Starcrazy Wrote:** (03-08-2016, 07:05 PM)
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